

# "Festive Family Thanksgiving Cookbook"

## Recipe

### Broccoli-Cheese Casserole

Serves 8 • Preparation time 30 minutes

Baking time 35 minutes

2 pounds fresh broccoli washed and trimmed or 2 pounds frozen

¼ cup finely minced onion or 1Tbs. dried

1 Tbs. flour

½ cup fat free chicken broth

nonstick cooking spray

2 Tbs. water

2 oz. grated sharp cheddar cheese

1 cup nonfat cottage cheese

1 egg white

1/8 tsp. paprika

Preheat to 350° degrees. Coat a 2-quart casserole dish with cooking spray and set aside. Fill half of a large pot with water. Bring to a boil. Cut broccoli into large pieces. Add broccoli to boiling water. Boil for 1 minute. Remove from water, drain broccoli in a strainer. Set aside.

Set aside a heaping tablespoon of the grated cheese to top the casserole before baking. Blend cottage cheese with two tablespoons of water until smooth. Add the rest of the cheddar and blend another one to two minutes. Set aside. Beat egg white until frothy with hand mixer or fork in small bowl. Fold in the cottage cheese-cheddar mixture. Set aside.

In a medium frying pan, cook the broth and minced onion over medium heat. Stir until onion looks clear, about 3 minutes. Add flour, cooking and stirring constantly to prevent burning, about 3 minutes. Add cheese-egg white mixture until they cheddar looks melted. Fold this onion-cheese-egg white mixture into the bowl of chopped broccoli.

Pour the broccoli-cheese mixture into the sprayed casserole dish, sprinkle with paprika for color, top with the reserved heaping tablespoon grated cheddar and bake uncovered for 35 minutes.

**Nutrition Facts Per Serving:** 77 Calories , 3 g Total Fat , 27 Calories from Fat , 2 g Saturated Fat, 10 mg. Cholesterol, 216 mg. Sodium. Recipe Variation: For a colorful flair, mix together 1 pound of broccoli with 1 pound of cauliflower and follow the recipe as indicated above. You can also add 2 tablespoons of pimentos to the cheese mixture just before combining it with the broccoli and cauliflower.

*Nutrition Tip:*

"This recipe will make a colorful addition to your Thanksgiving table. Your family will never believe how delicious a healthy dish rich in vitamins A and C can be."

Sandy Wales, Health Educator Assistant

